

Stress Management: Turning Challenges into Opportunities

Audience: Managers and employees who want to improve their stress management skills

Total Learning Time: 2-4 hours

INSTRUCTIONAL CONTENT

SIMULATION CONTENT

Module 1: Background Information

Simulation Overview

Learning Objectives:

- Understand why stress must be managed
- Identify the steps to managing stress
- Recognize the stages of stress
- Understand the difference between positive and negative stress
- Recognize how different personality-types approach stress

Each of the simulations allows you to practice the skills learned in the instructional content. You will enter realistic scenarios in which you will interact with a variety of individuals. By using the knowledge you have gained, you control the outcome of each simulation.

Module 2: Identifying Your Stress

Module 2 Simulation

Learning Objectives:

- Recognize the four stages of burnout
- Identify the job-related sources of stress
- Understand the personal and social sources of stress
- Understand the common responses to stress
- Recognize how stress reveals itself

In this simulation, you will meet with an expert who will provide you with an overview of the sources of stress. You can then ask the expert any questions you may have about the basic nature of stress.

Module 3: Managing Internal Stress

Module 3 Simulation

Learning Objectives:

- Recognize what kinds of support you need to manage stress
- Understand how making changes in your life reduces stress
- Reduce stress using physical techniques
- Take psychological measures to reduce stress
- Improve your attitude to manage stress

In this simulation, you will meet with an expert who will help you identify the sources of internal stress in your life, as well as offer advice on how to manage this type of stress.

Module 4: Managing External Stress

Module 4 Simulation

Learning Objectives:

- Recognize ways to eliminate sources of stress
- Understand the importance of communication skills
- Improve your relationships with co-workers
- Use time management strategies to reduce stress
- Set goals to reduce stress

In this simulation, you will examine the sources of external stress in your life. You will meet with an expert who will ask you questions about how you can manage external stress.

Module 5: Managing Employee Stress***Module 5 Simulation***

Learning Objectives:

- Identify the behavioral, emotional, and physical warning signs of stress
- Help employees deal with change to reduce stress
- Make jobs more enjoyable for employees
- Manage conflicts among employees
- Prevent employees from becoming burnt-out

In this simulation, you will help your employees deal with stress management issues. You must determine the source of stress and develop ways for employees to effectively manage their stress.